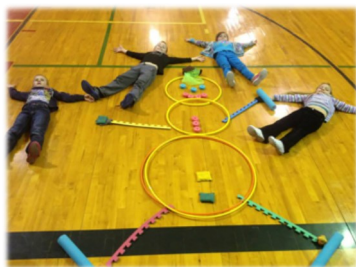


Healthy Schools Healthy Students



Cooperative Snowman Building

Gather an assortment of supplies (hula hoops, bean bags, hockey sticks, poly spots, jump ropes, rings, etc.) and place in the middle of the gym. Divide students in small groups and designate an area on the floor perimeter line for each team. Each team member takes a turn to run to the middle to select an item to help build the team's snowman. The team can strategize what piece of equipment to take next. This should be a fast paced snowman building competition!



[Click here!](#)

We are looking for presenters at the upcoming School Nutrition of Iowa Directors meeting scheduled for February 17. The topic will be successful implementation of alternative breakfast options (grab n' go, breakfast in the classroom, breakfast after first bell, etc.). Please send me an e-mail if you are interested. Wishing you a safe and healthy holiday season! **Be Well! - Carrie**



Smart Snacks - Did You Know?

Starting in school year 2014-15, all foods sold at school during the school day need to meet nutrition standards. The Smart Snacks in School regulation applies to foods sold a la carte, in school stores, and vending machines. There has been confusion if these foods can be sold during the lunch period. **Yes any food and beverage sold that meets Smart Snacks either in a la carte, a vending machine or school store can be sold during the service of school meals.** However, local policy can be more restrictive and disallow this practice. Iowa does not allow any exempt fundraisers that sell items that do not meet Smart Snacks. These types of fundraisers must take place 30 minutes after the end of the day. Selling items in a catalogue or items not intended to be consumed at school (frozen cookie dough, pizza, etc.) are allowable. For Smart Snack resources, including a product calculator, visit the link below. If you have any questions, please contact Patti Delger at patti.delger@iowa.gov



Ag in the Classroom Mini-Grants

The Iowa Agriculture Literacy Foundation has \$200 mini-grants available to support the integration of agriculture into classroom instruction or after school programs with an academic focus.

Made possible through support from the Iowa Farm Bureau Federation, the grants are designed to help Iowa teachers initiate new projects or expand existing projects that promote agriculture literacy in students. **Teachers can apply to fund innovative lessons, activities, classroom resources, guest speakers, outreach programs, field trips, and other projects. Up to 170 grants will be awarded.**

Preschool through 12th grade teachers are eligible to apply. Grants must relate to 21st century skills or language arts and integrate agriculture into the learning. Deadline to apply is Jan. 10. [Click here](#) for more info. They also have a [lending library](#) that includes books, science kits, lessons, models, and so much more!

Live Healthy Iowa Kids

Live Healthy Iowa Kids - 10 Week Wellness Challenge is FREE for youth in grades K-12 from January 25 - April 1. This challenge encourages youth to make better food and beverage choices, as well as increase their amount of daily physical activity. Throughout the challenge, youth track physical activity and consumption of fruit, milk, vegetables and water. A team can be made up of 5-30 youth participants and one adult team captain. Teams who actively engage and report progress are eligible to win prizes throughout the challenge!

Registration opens December 15, 2015! **Last year over 9,000 students from 463 teams from across the state participated!** Join in on the fun! To register or for more info please visit www.livehealthyiowakids.org or email allie.paulson@livehealthyiowa.org.



2016 Fuel Up to Play 60 National Summit and Student Ambassador Opportunity

The online application is now available for eligible students! Completing this application is required if the student would like to be considered as Iowa's Fuel Up to Play 60 (FUTP60) State Ambassador and/or attend the FUTP60 Student Ambassador National Summit, which will be held July 25-28, 2016 at Purdue University in West Lafayette, Indiana. Becoming a FUTP60 State Ambassador and/or attending the Student Ambassador National Summit are just a few of the great leadership opportunities available through FUTP60. To become eligible the student must:

- Reach 45,000 points on their student dashboard
- Be at least 11 years old by July 2016
- Entering the 6th grade for the 2016-17 school year
- Have a Program Advisor registered at their school

The application deadline for this exciting opportunity closes **March 4, 2016**. To learn more contact Jen Ransom at jransom@midwestdairy.com.



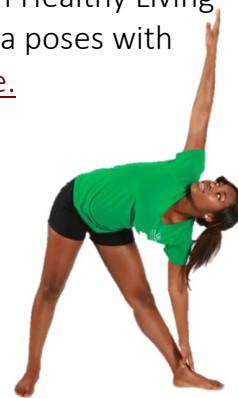
Yoga in the Classroom

Join Action for Healthy Kids for their December Monthly Wellness Wednesday Webinar to learn about Yoga in the Classroom. Movement breaks activate the brain, improve on-task behavior, and leave students more focused and ready to return to their academic activities. In particular, yoga exercises have been shown to calm students and relieve tension and stress. Learn how to use yoga in your classroom to increase student focus and academic performance!

Wednesday, December 9 3:00-3:30

[Click here to register.](#)

To get started with yoga in your classroom, check out the University of Arkansas 4-H Healthy Living Program that includes simple yoga poses with pictures and directions. [Click here.](#)



Des Moines McCombs Middle School - Turkey Trot!

November 23rd McCombs middle school students celebrated Turkey Day a little early! What enticed students to race around the school driveway on a cold morning? A turkey! The first girl and boy crossing the finishing line received a Thanksgiving Turkey (named Henry and Helen), donated by Hy-Vee.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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[University of Arkansas Yoga Poses](#)